

# *Breakup* Survival Guide

RB

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INTIMACY COACH

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# *Creating safety in your nervous system through a breakup*

There is no such thing as ‘positive’ or ‘negative’ emotions. There are just suppressed & expressed emotions. When we go through a big personal change and detachment, such as a break up, it is so important to meet our emotions.

You can learn to self regulate, while going through the transition and alchemise any pain, while FULLY accepting and expressing where you’re at.

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# *Alchemising our emotions*

Alchemising emotions means we actually allow ourselves to consciously indulge in them for a while, to fully own, love and accept that part of ourselves, before alchemising the painful story that lies in the body, to reveal our centre unconditional love.

The word emotion is latin for *energy in motion*.

Emotions want to move, not stay stuck.

When we don't fully express in our body, and move it the way it wants (which can look all kinds of wild), the emotion gets stuck, turns into deep trauma and manifests physically as pain/disease in the body.

When you do these practices, you not only shift the present emotion, but old wounds from the past too.

# *Self Regulation*

Holding back our emotions out of fear that we will be judged, or because we are afraid we will get stuck in those emotions so we suppress them and proclaim we are ‘strong’, is the very reason we actually get stuck in them.

Emotions are healthy. They are what make you ALIVE. It’s one of the reasons your soul chose to have a body.

It is possible to alchemise the pain into pleasure and feel the catharsis of pain if you completely allow yourself to FEEL.

Even in the moments you don’t feel safe, I promise you it is safe to feel.

Here are some of my favourite techniques to hold space for those feelings and move the energy.

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# Moving Energy

## *Shaking*

Stand hip width apart, heels firmly on the floor. Slightly bend the knees and shake the whole body focusing on the pelvis/hips creating a vibration in the whole body. If you had a penis, it would be moving up and down! Inhale and make sound “aaahh” as you exhale. Your movement should be rhythmical and monotonous.

## *Intuitive Movement*

Put on a playlist that matches your emotional state and see if you can go beyond your thinking mind. Track any sensations or emotions in the body and allow them to be expressed through movement. You may be lying, crawling, kneeling, standing, jumping... How does your inner landscape look like in movement right now? Notice how it's constantly changing.

# Moving Energy

## *Hand Scream*

Bring one hand on top of the other and place over your mouth so there's just a tiny gap for air. Take a deep belly breath in and scream as loudly as you can into the hands. Repeat at least 3 times. You can use this one anywhere because no one can hear you.

## *Fetal Freeze*

When you feel as though you're getting wrapped up in the stories in your head, or when you feel dissasociated, the fetal freeze will help you get back into your body. Lie down on your back, as you take a deep breath in, draw your knees into your chest and squeeze every part of your body. Screw your face up and hold your breath for 10 seconds, then release by spreading your limbs out like a star fish while releasing your breath. Repeat.

# To Shift Anger

## *Tantrum*

Lie down on your back and channel your inner child by hitting your feet and hands up and down on the floor, wailing loudly out your mouth

## *Pillow Hitting*

Grab a pillow and kneel in front of it. Use your fists or forearms to hit the pillow while screaming/grunting to be able to let any fight inside your nervous system out and holding sacred space for your rage.

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# To Shift Anger

## *Pillow Fucking*

Grab a pillow and place it on the ground/bed. Dry hump it connecting to your sound and breath in order to release tension in your hip area and reclaim your primal power.

## *Stomping*

Stomp on the spot while making any ugly face, audible exhales, screams or expressions.

## *Run on the spot*

Throw your hands in the air and run on the spot, wailing.

## *Pillow scream*

Grab a pillow and scream in to it (make sure it's from the belly).

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# To Shift Sadness/Grief

## *Wailing with open heart*

Either standing or kneeling, open your arms into a cactus and thrust back and forth wailing.

## *Indulge in the theatre*

Create a sacred space for yourself to indulge in the victim, hero or villain, whichever feels appropriate at the time. Hold space for that part, express without filter, then let it go and go and do something to change the story and fill you up.

## *Slow dance/touch*

Put on some soft music, hold yourself, dance, stroke yourself, tell yourself you are safe, and cry if you feel it.

# Author

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Integrated Love,  
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Coach, Yoga & Meditation  
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Her deepest soul calling is  
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*Rosie guides 1-1s, group sessions, workshops,  
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*Working with all 5 bodies, Physical, Mental, Emotional,  
Energetic & Wisdom bodies, she encourages you to  
explore curiously what it means means to be a soul  
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*Rosie's mission is to create a global movement that  
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mastering the art of self expression and sacred union.*